

## The relationship between nursing care and controlling complications of drugs in the elderly

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**Background and Aims:** changing of body composition and polypharmacy without nursing care increases complications and reaction of drugs. However epidemiologic data and research relevant to this tissue is very few, especially in Iran. The aim of this study is to represent the relationship between nursing care and controlling complications of drugs by collecting all complications and relevant nursing care in the elderly with attention to age-related changes.

**Methods:** This study is a review study through studying all available resources. In this study, all complications of set-drugs in the elderly and important nursing care for controlling them are collected by studying available websites, books, and previous research. And by this collection, the relationship between nursing care and drug-related complications is identified.

**Results:** pharmacokinetic and pharmacodynamic of drugs change in older adults; moreover, an older person with multiple physical dysfunctions or symptoms may take prescribed drugs from several doctors at the same time. On the other hand, drug-related adverse effects and reactions can be identified by careful nursing assessment because nurses know that the fewest drugs possible should be given at the lowest dosage possible to minimize the risk to the patient. Therefore, nurses have a very crucial role in controlling complications of drugs in the elderly if the nurse has enough information about it. According to the available evidence, there is not a complete collection of nursing care to control for the complications of drugs.

**Conclusions:** Complications usually happen by a common set of drugs in older adults without nursing care; however, having a collection of adverse drug reactions and complications with important nursing care related to them helps the nurses to control complications of drugs in the elderly.

**Keywords:** Drug; Controlling complications; Nursing care; Elderly